



NEWS IN A "HEARTBEAT"



PenMRC Volunteers to date = 319 Approved Level 1, 2, 3 Recruitment continues: Christopher Newport University; bulletin boards

THANK YOU to volunteers who served or trained in **August and September**: Cory Asato, Larry Barclay, Jennifer Basak, Dale Bull, Mark Callazzo, Diana Cary, Martha Clift, Carolyn Conley, Jewelyn De La Cruz, Fran Doyle, Sidney Fink, Letticia Guzman, Linda Hairston, Sherriann Harris, Meghan King, Mary Loesch, John Lowell, Vivienne McDaniel, Patricia Moore, Linda Muir, Jeni Newton, Susann Rich, Monica Richardson, Brenda Sarno, Michelle Sheeler, Beth Sigler, Barbara Smith, Claudia Spurill, Dr. Sam Tate, Shelley Trautman, Ray Whitney, and Lisa Wood

71 Volunteers Provided 267.25 Hours of Service; 169.75 Non-Medical and 97.5 Medical and were sent 13 VVHS Alerts

Events and Trainings for August and September 2012: Rock and Roll Half Marathon in Virginia Beach, Back to School Immunization Clinics, Blood Pressure Screenings, Blood Pressure Measurement Specialist Training, World Rabies Day, Administrative Support, ICS-100, ICS-300, IS-5, ICS-200, IS-22, ICS-700, and Peninsula MRC Orientation.



Help us prevent 1 million heart attacks and strokes in five years. <http://millionhearts.hhs.gov/index.html>

Peninsula MRC Volunteers provided 94 BP Screenings in August and September

Check out our website: <http://www.vdh.virginia.gov/mrc/peninsulamrc/index.htm>; check back often!

Calendars: You can find *Training, Public Health Outreach, and Emergency Preparedness and Response Calendars* under 'Quick Links and Important Resources' from the main page.

Please watch your VVHS email alerts for details regarding training registration.

TRAINING NOTES: Take charge of your training!

If you have indicated an interest in serving on a specialized team, you have been provided with the specialized training courses needed to make the team. Please complete these courses AND let the Peninsula MRC know, otherwise we cannot give you credit and you cannot serve until you have done so. In order to help us track training, Volunteers are being urged to create TRAINVirginia accounts: <http://va.train.org> for account registration. There are instructions for creating an account on the main TRAIN page. Be sure to affiliate with MRC.

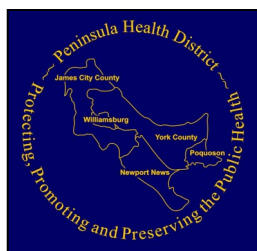
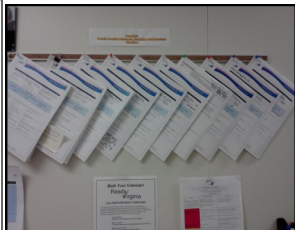
Orientation is available on-line: <http://www.vdh.virginia.gov/mrc/peninsulamrc/trainva.htm>

Inside Your Peninsula MRC Office

It's Fall—where did Summer Go! We have a lot in our pipeline for training, exercises, and public health outreach events, and we will need your help: ICS-100 training, Community Health Day, Rabies Clinic, Partner Agency Shelter Training, a University Vaccination Clinic, two exercises, and Vote and Vax for starters.

**Please watch your VVHS email alerts for details and to sign up.*

We are working on a grant for a new program "Healthy Me—Move In To Health". If the grant is awarded, we will launch in late Spring 2013. Stay tuned!



www.ReadyHamptonRoads.org

This NEW website provides needs assessment tools for individuals, families, and businesses to use to tailor disaster preparations to their own unique circumstances.

Peninsula Medical Reserve Corps - Peninsula and Hampton Health Districts

Volunteers Protecting the Health of Virginia



Contact Information

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Search/Like 'Peninsula Medical Reserve Corps'

You Tube

<http://www.youtube.com/user/VAMRC>

Please bookmark these websites:

PenMRC: <http://www.vdh.virginia.gov/MRC/peninsulamrc>

VVHS (Virginia Volunteer Health System): <https://vms.vdh.virginia.gov/vms/default.jsp?main=reg>

TRAINVirginia: <http://va.train.org>

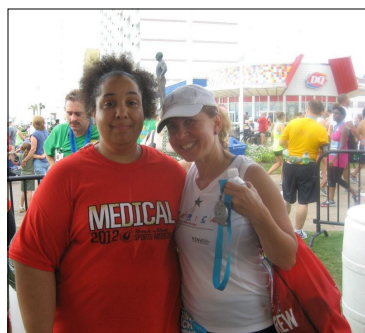
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E-NEWS FLASH FROM PENINSULA MRC—OCTOBER 2012



Claudia Spurill with Julie Segor



John Lowell, RN with his star stethoscope



Julie Segor →



← Medical Tent City

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Runners came from all over to compete in the VA Beach Rock and Roll Half Marathon on Labor Day Weekend. Julie Segor of the Peninsula MRC Office happily completes the race. MRC Volunteers, hospitals and other entities from across the Eastern Region of VA helped protect the health of the runners by providing critical medical and non-medical services as needed. It was a hot (hottest in Rock & Roll Marathon history), humid day on the 13.1 mile course, and over 100 injuries were reported!

Volunteers Protecting the Health of Virginia